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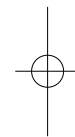


Most people know Bristol for Isambard Kingdom Brunel's Clifton Suspension Bridge and SS Great Britain, the first steam powered iron ship in the world, two beautiful and very different cathedrals, or its long list of homegrown talent including Wallace and Gromit, Massive Attack and Portishead. Travellers see the city as an excellent base for exploring the West. Being close to Wales, Bristol makes for an excellent stopover between Bath or Stonehenge, and Newport or other Welsh destinations.

Bristol is electric: museums, shopping, arts and the vibrant nightlife combine to create a fresh vibe so that art connoisseurs, theatre-lovers and concert-goers are spoilt for choice.

Vegetarians will find fabulous cuisine readily available, for instance at **Cafe Maitreya**, the winner of the Vegetarian Society's Gourmet Vegetarian Restaurant of the Year in 2004. In the centre your best daytime bet is Royce Rolls cafe in St Nicholas Market. You can get falafels most evenings on the waterfront opposite the Watershed. Heading up Park Street, near the City Museum on the Triangle and Queen's Road are the new Krishna's Inn restaurant and Fresh & Wild organic supermarket and veggie cafe.

For convenient accommodation consider the **Arches Hotel**, not far from the centre. If you fancy the peace and quiet of a residential neighbourhood, **Basca House** offers sophisticated stays in a beautiful Victorian home one mile from the city centre.



Arches Hotel

Vegetarian guest house with ten rooms: three singles at £27.50–£34.50 per night, one double £48.50, one double ensuite £56, one twin £51, one twin ensuite £58.50 and three family rooms £67–£74.50 per night.

A continental breakfast is included, however a vegetarian or vegan full cooked breakfast is available for £2.50–£3 and could be veggie sausages, tomatoes, beans and fried bread. Vegan muesli, vegan margarine, soya yoghurt, rice and oat milk are all available.

Dinner is not offered but there are several restaurants nearby serving veggie food. The owners can advise you where to go.

Bristol's attractions include Brunel's suspension bridge, two cathedrals, museums, several theatres and concert halls, as well as the waterfront and marina. There are lots of parks, terrific shopping, and the Georgian city of Bath is easily reached by car, bus or train.

Tea and coffee making facilities, televisions and washbasins are in the rooms.

Nearby are Harvest wholefood shop at 11 Gloucester Road and the vegetarian restaurant One Stop Thali Cafe in Montpelier.

Montpelier

Vegetarian guest house

132 Cotham Brow
Cotham
Bristol BS6 6AE
England

Tel and Fax:
0117-9247 398

www.arches-hotel.co.uk
ml@arches-hotel.co.uk

Train station: Bristol Temple Meads, 2km, then bus or taxi.

Open: all year, except Christmas and new year.

Directions: 1km north up A38 (from Broadmead) turn left at first mini roundabout. Hotel is 100m on left.

Parking: on street

Children over 6 welcome

Pets welcome with prior notice

MC, Visa, Diners

No smoking throughout

Basca House

Elegant Victorian house retaining many original features. The house has a peaceful atmosphere and is situated in a quiet tree lined street in a residential area, but is only one mile from the city centre. There are two single rooms from £27 per night, one single ensuite from £35 and two twin rooms from £45 per room per night.

There is an excellent veggie/vegan spread for breakfast including fresh fruit, fruit juice, cereal or muesli and soya yoghurt followed by veggie sausages, baked beans, mushrooms and herbed tomatoes with wholemeal bread and home made preserves. As one of the proprietors is Indian, a more adventurous breakfast may also be offered which includes spicy potatoes and dahl. Vegan muesli, vegan margarine and soya milk are available.

Dinner is not offered but there are numerous restaurants in town offering veggie food. Bristol offers a lively night life with many clubs, theatres, music venues and pubs. During the day, take a look at the famous Clifton Suspension Bridge, the symbol of Bristol, and visit the Create Environment Centre, or one of the many cathedrals, museums or art galleries. You could explore further afield and visit the Cheddar Caves and Gorge or Wookey Hole in Wells.

Basca House is about five minutes walk from two yoga centres and a shop selling Indian clothing and artefacts. Scoopaway wholefood store is at 113 Gloucester Road.

All rooms have televisions, radio alarms and tea and coffee making facilities.

Bishopston

Omnivorous bed and breakfast

19 Broadway Road
Bishopston
Bristol
BS7 8ES
England

Tel: 0117-9422 182

Train Station:
Bristol Temple Meads,
1.5 miles, then taxi or bus

Open: all year, except Christmas to New Year period

Directions:

At the big roundabout by the bus station and Debenhams, take A38 Stokes Croft, signposted Redland/Cotham (this road has a building over it, go under the building). Continue on this road, go under the railway arches, bear right at next junction and just before Texaco petrol station turn left into Berkeley Road. Go up the hill and take the first left into Broadway Road.

Parking: on street with no restrictions

Children welcome

High chairs available

No smoking throughout

Cafe Maitreya

Vegetarian restaurant off the M32, very much into organic and fair trade with no GM. This is the kind of place Bristol has needed for years.

The menu changes regularly. Here are some examples:

Daytime menu till 3pm (week ends only) full English cooked veggie or vegan breakfast £5.25 or £5.95.

Lunch: soup £3.50, Bubble and Squeak, £4.50–£4.95, majoram rarebit £5.25, toasted brushetta £4.75, ciabatta sandwiches with various fillings, from £3 take away or £3.50 eat in. Maitreya Mezze £5.95, includes sourdough bread, olives and a choice of three side dishes from paprika/basil hummous, beetroot with walnut dressing, oven roasted veg and Moroccan spiced quinoa.

Evening menu: two courses for £13.45 and three for £16.95, excluding service. A 10% service charge is added to tables of more than 10 people. Start with soup, cauliflowers cornets, sauteed carrot and almond cakes, crisp nori roulade or watercress and hazelnut salad. Main courses include ravioli, saute brazil nut rissoles, summer pithivier or red chilli laksa. Desserts such as ginger cheesecake, baked raspberry spring roll and warm chocolate and pecan pudding. Dairy free cream available.

Freshly squeezed juices are £2.50 and smoothies £2.75–£3.20. Other drinks 75p–£2.60, soya milk is readily available.

All wines and beers are organic and most are vegan. House vegan wine £8.95 bottle white, £8.95 red, glass 250ml £3.25. Vegan beers and cider £2.25–2.75.

Easton

Vegetarian restaurant

89 St Mark's Road
Easton
Bristol BS5 6HY

Tel: 0117-9510 100

www.cafemaitreya.co.uk
thesnug@
cafemaitreya.co.uk

Open:
Tue–Sat 18.45–21.45
also Fri 11–15.00, Sat 11–
16.00, Sun 11–17.00

Directions:
Near M32 Stapleton Road.
From the city centre, go out
along Old Market, head
towards M32 but veer off
onto Stapleton Road and
cross over M32.
Take bus 48 or 49 from
town, get off on Stapleton
Road and walk down
Berwick Road.

No smoking throughout

Visa, MC

Kids menu

Reservations advised
evenings

Licensed with food only

Voted by Yaoh's Vegan
Guide to Bristol as Best
Restaurant for a Vegan
Meal, and Best Vegetarian
Restaurant in the UK by the
Vegetarian Society.

City Centre

Royce Rolls Wholefood Cafe

Vegetarian cafe

The Corn Exchange, St Nicholas Market,
Corn St BS1 1JQ. Tel: 0117-9824 228
Open: Mon–Fri 07.30–16.00,
Sat 09.30–16.00.

Friendly central vegetarian take-away with café seating too. Savoury snacks, tea, coffee, flapjacks and cakes. Filled rolls include brie and avocado, various cheeses, houmous with watercress and cucumber, and tomato with olive oil, organic sea salt on white overnight rise bread. Vegan and gluten free options available. Soya milk offered. Locally sourced ingredients. No smoking throughout. Cash only.

Falafel King

Vegetarian take-away

City Centre, opposite the Watershed arts
centre. Tel: 07855 715676
Open: every day from midday.
Sun–Mon till 19.00 winter, 20.00 summer;
Tue–22.00, Wed–Thu–24.00, Fri–Sat –03.00

Falafels, hummous and pitta. Look for
the purple trailer.

Big Banana Juice Bar

Juice Bar

21–22 St Nicholas Market, Corn St, Bristol
Tel: 0117-907 7804

Holland & Barrett

Health food shop

83 The Horsefair, BS1 3JP
Tel: 0117-9293 170

Unit 2 Odeon Development
Broadmead, City Centre BS1 3DN
Tel: 0117-926 0557

Clifton

Krishna's Inn

Indian Vegetarian restaurant

4 Byron Place, Triangle South, Clifton,
Bristol BS8 1JT. Tel: 0117-927 6864
Open every day 12–15.00, 18–23.00,
Fri–Sat –24.00,

Brand new South Indian vegetarian
restaurant and take-away with a bar.

Wagamama

Omnivorous Japanese restaurant

63 Queens Road,
Clifton, Bristol, BS8 1QL
Tel: 0117-9221 188
www.wagamama.com
Open: Mon–Sat 12–23.00, Sun 12.30–22.00

See entry in Manchester for menu.

Fresh & Wild

Organic supermarket & veggie cafe

85 Queen's Road BS8 1QS
Tel: 0117-9105 930
Open: Mon–Fri: 8–21.00, Sat 8–20.00,
Sun 12–17.00

Big wholefood shop with a great cafe
and juice bar, by the Triangle.

Holland & Barrett

Health food shop

21 Clifton Down Shopping Centre
Whiteladies Road BS8 2NN
Tel: 0117-9738 188

Wild Oats

Wholefood shop

9–11 Lower Redland Road, Redland, Bristol
Tel: 0117-9431 967

Big shop. Specialists in macrobiotics.

Cotham**Blue Juice**

Juice bar & vegetarian cafe/take-away

39 Cotham Hill, Cotham
Tel: 0117-9734 800
Open: Mon-Fri 08.30-16.00, Sat 9-16.00,
Sun closed

Juices, wraps and salads.

Tiffins

Omnivorous Indian take-away

151 St Michael's Hill (top end)
Tel: 0117-973 4834
Open: Mon-Sat 12-20.00, closed Sun and
some bank holidays

Always about seven veggie dishes, six
kinds of lentils, four or five pulses. £3
for a portion of veg curry, rice £1.50.

Earthbound

Organic health food shop

8 Abbotsford Road, Cotham
Tel: 0117-9042 260

Almost entirely organic health food
shop with 90% vegan produce.

Montpelier**One Stop Thali Cafe**

Vegetarian Indian restaurant

12a York Road, Montpelier BS6 5PZ
Tel: 0117-9426 687
Open: every day 18.30-23.30

Located between Arches Hotel and the
city centre. Thalis with rice, dahl, curry
and salad are £6.50. Bring your own
alcohol.

Harvest

Wholefood shop near Arches hotel

11 Gloucester Road
Tel: 0117-9425 997

Southville**Riverside Garden
Centre Cafe**

Vegetarian cafe

Clift House Road, Southville, Bristol
Tel: 0117-966 7535 ext 64
Open: Mon-Sat 9.30-17.00 Summer (Winter
16.30), Sun 11-16.30

Vegetarian cafe inside a garden centre
by the river, near the away entrance of
Ashton Gate Bristol City soccer ground.
Salads, tapas, baguettes, home made
soup. Hot dishes £5.50 such as vegan
Mexican hotpot, bangers and mash.
Wide range of cakes and flapjacks
including vegan. Soya milk available for
lattes. Lots of fair trade products,
organic veg.

Festival**Bristol Vegan Festival**

Saturday 29th October 2005
10:00 - 18:00

at the L-Shed, Princess Wharf, Wapping Rd.
www.veganbristol.makesense.co.uk
www.yaoh.co.uk

Huge annual festival with dozens of
exhibitors, food demos, entertainers,
talks and the chance to have fun and
make friends. Come and meet Veggie
Guides here in person! Organised by
Bristol based hemp foods and vegan
cosmetics company Yaoh and
sponsored by the Vegan Society.